

March 2<sup>nd</sup>, 2017

Dear Parent/Guardian,

To celebrate National School Breakfast Week, March 6<sup>th</sup>-10<sup>th</sup>, we will participate in *Hear the Maryland Crunch* at 9:15 am on **Tuesday, March 7<sup>th</sup>**.

*Hear the Maryland Crunch* is a state-wide synchronized apple crunch event that is organized by *Maryland Hunger Solutions* to spread the message that every child in Maryland should have access to a healthy school breakfast.

Research shows that eating breakfast helps children concentrate and learn at school. Additionally, children who eat school breakfast perform better on tests, have improved health, and are less likely to be absent from school.

You are invited to *Hear the Maryland Crunch* too! For more information and to sign up, go to [www.MDHungerSolutions.org](http://www.MDHungerSolutions.org). Help us make an apple crunch that is so loud, the whole state will hear!



### **School Breakfast is a Healthy Way to Start the Day!**

- All breakfast meals include at least one cup of fruit.
- All bread and grains are whole-grain rich (>50% whole grains).
- Only low-fat and fat-free milk are available.
- All meals have lower sodium levels.
- All school meals are low in saturated fat and have no trans fats.

*Hear the Maryland Crunch* is held during National School Breakfast Week to highlight the important role of the School Breakfast Program in ensuring that all children have access to the healthy food they need. Unfortunately, some families in our community are struggling to make ends meet and may not have enough food in the house. Please call Maryland Hunger Solutions at **410-528-0021** for help or go to [www.MDHungerSolutions.org](http://www.MDHungerSolutions.org) for more information.

Sincerely,

Principal